

# NEW STANDARDS FOR HIGH BLOOD PRESSURE: WHO'S AT RISK?

In November 2017, the American Heart Association and the American College of Cardiology updated their guidelines for high blood pressure. Millions of Americans have been reclassified as at-risk for a heart attack or stroke. But how will patients know if their status has changed?

**“The new guidelines should help people prevent, diagnose and treat high blood pressure sooner”**

- Dr. Steven Houser,  
American Heart Association

## WHAT THIS MEANS

- Nearly **1 in 2 Americans** suffer from high blood pressure. That's about **103 million people**, many under 45.
- High blood pressure has nearly tripled among **men age 20 to 44**, and it has almost doubled in **women under 45**.
- About **16 million people** with hypertension are aware of it. Less than **5 million** who are aware have their blood pressure under control.

## THE GUIDELINES

Blood pressure category	Systolic mmHg (TOP NUMBER)		Diastolic mmHg (BOTTOM NUMBER)
<b>Normal</b>	<b>Less than 120</b>	<b>and</b>	<b>Less than 80</b>
<b>Elevated</b>	<b>120 to 129</b>	<b>and</b>	<b>Less than 80</b>
<b>High blood pressure</b> HYPERTENSION STAGE 1	<b>130 to 139</b>	<b>or</b>	<b>80 to 89</b>
<b>High blood pressure</b> HYPERTENSION STAGE 2	<b>140 or Higher</b>	<b>or</b>	<b>90 or Higher</b>
<b>Hypertensive emergency</b> SEE YOUR DOCTOR RIGHT AWAY	<b>Higher than 180</b>	<b>and/or</b>	<b>Higher than 120</b>

Source: American College of Cardiology and American Heart Association 2017 High Blood Pressure Clinical Practice Guideline

## KNOW YOUR NUMBERS AND TAKE CARE OF YOUR HEART

Home blood pressure monitors are an excellent way to encourage people to take charge of their heart health. They provide clinically-accurate at-home measurement, and many track patients' progress via apps that allow them to share the data with their health care providers.